

# EVENT CALENDAR

Vancouver - East  
(360) 450-2770

3311 SE 192nd Ave  
Vancouver, WA 98683

MAY

11

Sat  
11:00am  
to  
12:00pm

## Exploring Creativity for Wellness

*by Sarah Lightfoot*

Enjoy an hour-long session with Enspire Arts exploring how the power of the arts and creativity can benefit your health and wellness journey. Enjoy a mix of activities from music, rhythm, poetry, and art which will be fun, therapeutic, and community-building. Get in touch with your creative self in a welcoming environment and learn how easy it is to integrate arts-based practices into your wellness routine.

MAY

11

Sat  
12:00pm  
to  
1:00pm

## Health by Chocolate

*by Jenn Reznick* Sponsored By: Natural Grocers

Hooray! Chocolate can actually be good for us. Learn how to use quality chocolate to enhance your food ...and your health. Our Nutritional Health Coach will share with you some of the health benefits of chocolate or “food of the gods.” You’ll also get recipes and samples of some of our favorites.

MAY

14

Tue  
12:00pm  
to  
1:00pm

## Growing Micro Greens

*by Stephana Johnson*

Discovery the nutrient rich delights of growing your own micro greens. No need to be a green thumb and no need for a big garden. You can grow micro greens on your kitchen counter, window sill or table top. It's easy and fun, plus incredibly delicious addition to your meals.

MAY

18

Sat  
10:00am  
to  
11:00am

## Making Fermented Foods At Home

*by Stephana Johnson*

Fermented foods help make a healthy gut (microbiome). Homemade ferments are easy, customizable, and cost pennies compared to buying them. In this session, we'll explore types of fermentation, how to make various fermented foods, and the supplies you need.

MAY

22

Wed  
6:00pm  
to  
6:30pm

## Radiant Skin Secrets

*by Stephana Johnson*

Join us for a 30-minute pop-up class at Natural Grocers with Holistic Health Practitioner and Wellness expert Stephana Johnson to discover the secrets to reducing fine lines and sagging skin. Learn to make a natural face cream and simple facial exercises that promote a youthful glow.

MAY

30

Thu  
1:00pm  
to  
2:00pm

## Frank Discussions About Grief and Loss

*by Ann Allen*

In this interactive presentation, we'll be guided through what grief and loss really are, how they show up in our lives and how they are usually handled. Come away with a different perspective on what they really are, why people say the things they say, why those things don't work and usually make the griever angrier, and why it's so frustrating whether you're the one grieving or the one trying to help someone who is!

JUN

06

Thu  
6:00pm  
to  
6:30pm

## Natural Tooth Remineralization

*by Stephana Johnson*

Discover how to remineralize your teeth naturally in this 30-minute pop-up class at Natural Grocers with wellness & resilience expert Stephana Johnson. Learn about natural remedies, dietary tips, and techniques to reclaim your bright and healthy smile. Ideal for those seeking a holistic approach to oral care!

JUN

12

Wed  
12:00pm  
to  
1:00pm

## Rockstar Lung and Respiratory Health

*by Jenn Reznick* Sponsored By: Natural Grocers

Our respiratory system is hard at work every day, supplying the body with the oxygen it needs to function and carry out living processes. It's also one of our first lines of defense against harmful substances and provides detoxification support, among other things. In this class, you'll learn how diet, lifestyle, & supplements can help maintain rockstar lung and respiratory health throughout your lifetime.

JUN

26

Wed  
12:00pm  
to  
1:00pm

## The Power of Probiotics

*by Jenn Reznick* Sponsored By: Natural Grocers

Add some life to your plate and join us to sample and learn about the variety of living cultured foods that are available from yogurt and kefir to kimchi. Eating fermented, probiotic-rich foods keeps your gut and YOU healthy. For thousands of years, humans have relied on these superfoods for overall health, but today our diet is often lacking in them.





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## **NUTRIENT TO KNOW ABOUT: QUERCETIN**

# **THE RESPIRATORY ROCKSTAR\*\***

**By supporting immune competence, quercetin promotes respiratory comfort and health during a change in seasons and year-round.\*\***

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